Fresh Air Exercises Please Help! And Diet Rules For Summer Health

By Pauline Furlong

Outdoor Recreation to Relieve "Tired Feeling" HIS is the season for languor and fatigue. Many readers have writ-

ten and asked me for spring tonics and treatments to relieve this condition. For some unknown reason most persons prefer to spend money to better their physical condition when they have right in their own homes the means to overcome chronic fatigue, so-called spring fever and other common disorders which cause that tired feeling so often experienced in the months which precede summer.

Fresh air and pure blood, obtainable through deep breathing, copious amounts of water inside and out, and simple, nourishing foods, are the best blood purifiers. Nothing purchased in box or bottle will produce them. Women who know how to live and how to properly

care for their bodies never suffer from spring fever or the heat even in the hottest days of summer, because they know how to dress, cat, bathe and exercise to keep up their vitality and prevent overheating of the body.

I have told you that the body is similar to a stove or furnace, which needs fuel-food and drink-as a stove requires coal, and that the body also must be kept clean of the waste matter thrown off by the tissues

they are not regularly removed. Less fuel in the body naturally produces less heat and, because the really dangerous heat comes from within, it is necessary to regulate your food in warm weather to meet all the demands of the body without overtaxing it.

I am personally convinced that the sooner the chemistry of food and its nutritive value and various effects on the body are thoroughly understood by the average person the sooner the health of the entire nation will be improved.

To temporarily relieve the feeling of fatigue and drowsiness practise a few deep breathing and arm circling exercises in the open air for about



The Housewife's Scrapbook.

OMBINE rice with peas, beans or as wearing apparel it can still be cheese and you will secure all serviceable as a protector for the the food your body needs. Comthe food your body needs. Com-bined thus it will take the place of both meat and potatoes.

and sleeves and sew up the top, leav-ing sufficient open space for the hanger, or it can be made into a bag.

covered glass far or wrapped in a centre of each weed as it appears

Experienced cooks will tell you that a clear day should be selected for making fruit jellies if you would have them perfect. On cloudy days the atmosphere seems to affect the boiling process and the jelly is not a success. process and the jelly is not a success.

Rub the carving set with vaseline before putting it away. This will prevent rust or discoloration.

If you want to be sure the nutmer is fresh prick it with a pin. If fresh, you will notice an oil exuding from

Next time you want to drive a nail into the wall immerse it in hot water avoid the annoying feature of having the plaster break.

If there are any ants around the house cut cucumber rinds into thin strips and place them where the ants



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exercises in the open air are certain relief for fatigue.

If you keep cheese in the refriger. If you find the pulling of weeds in your garden hard work simply put a drop of sulphuric acid in the

By Maurice Ketten



The Evening World's Kiddie Klub Korner

Conducted by Eleanor Schorer

Buster's Adventures By Uncle Harry

The Snake

USTER was going down the read one day when he found a bun-He, which must have dropped from a wagon. It smelled like something good to eat, so he carried it into the thicket. He had just got the string off when Mr. Fex came along. "Hello!" he said; "what have you

"I don't know, but it smells good," Buster answered; "hole me to open

They unrolled the paper and found a string of fine rausages. Both of them smacked their lips, and then Mr. Fox said they had better go fur ther into the woods, so that nobody could interrupt them. Off they wen until a nice grassy spot was reached.

"If we had some water we could have a dandy lunch," said Mr. Fox; "climb up on that rock and see if there is a spring in sight."

The sides of the rock were steep and but finally he reached the top. He looked in all directions, but couldn't see any water and was about to come down when Mr. Fox shouted:

"Stop! stay where you are! there's a big snake under the rock." Buster was so scared that the hair on his back stood up straight.

"This is terrible," said Mr. Fox; "I up the sausages and ran away. right on top of the snake. For what home without even thanking Mr. Ele-seemed hours he stood there, getting phant.

under the rock and suddenly felt himself slipping. Using tooth and nail, he scrambled back and lay there panting. Buster found it hard to scramble up. for he was sure he had seen the

moment Mr. Elephant appeared. "Save me!" cried Buster. "There's a snake under the rock.

Mr. Elephant ran over, snatched Buster down and then looked careto be seen. After Buster had told his must go and get help." So he picked story, Mr. Elephant laughed and said: There was very little room on the flat place where Huster was standing and he was afraid he might slide down.

"There isn't any snake. What you saw is only a piece of old leather. This was one of Mr. Fox's tricks to get all the sausages for himself."

Buster felt so foolish that he ran

Cousin Eleanor's Klub Kolumn

Dear Cousins o' Mine:

GOODLY number of new let-A tera from English children in search of American Kiddle corespondents arrived yesterday.

who wants an English friend? All
the Kiddle Klub members whose learts answer yes have but to send their requests to me. Be caroful to

Q. Mar we must be compositions. the Kiddie Klub members whose hearts answer yes have but to send their requests to me. Be careful to mention your name, age, address and certificate number and 1 will send you a friendly note from an oversea Kiddie of your own age or as near it as possible.

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QUESTIONS AND ANSWERS.



SUSPENSE BY MABEL OSTRANDER

Betty Has an Offer of Friendship Which She Fears To Accept To Accept Commission Frank & Muneer Computer 1 Send of Friendship The pulpit the familiar: "Let your sengers descended until she was left in sole possession of the convergance, in sole possession of the convergance, will be here directly and he begar that you will wait. In the meantime, I have bere a genuine paperus of rare and solid the taxical solution of the subject of exploration of the convergance, will be here directly and he begar that you will wait. In the meantime, I have bere a genuine paperus of rare and solutions in this matter? On the purse and idly wait that a subject of exploration of the convergance, will be here directly and he begar that you will wait. In the meantime, I have bere a genuine paperus of rare and solution in this matter? On the meantime, I have bere a genuine paperus of rare and solution in this matter? On the convergance, will be here directly and he begar that the convergance, will wait. In the meantime, I have bere a genuine paperus of rare and solution in this matter? On the meantime, I have bere a genuine paperus of rare and solution in this matter? On the walked swiftly of toward the North walked swif

